

In this week's Kukini



■ Hickam communications Airmen help to ensure the success of Cope Tiger **A2**

News Notes

Easter services — Good Friday services are planned at: 1200, Catholic Stations of the Cross at Nelles Chapel; 1900, Veneration of the Cross at Chapel Center; 1900, Protestant Good Friday Service of Shadows and Adoration of the Cross at Nelles Chapel. Holy Saturday services are planned at 1900, Catholic Easter Vigil at Chapel Center. Easter Sunday services are planned at: 0600, Protestant Sunrise Service at Hickam Harbor; 0600, Protestant Sunrise Service at Bellows Air Station; Catholic and Protestant Services as listed for Sunday; 1500 Catholic Confirmation Mass at Chapel Center. Call the Chapel Center at 449-1754.

Egg hunt fun— On Saturday, April 11 at 10 a.m., kids can go to the annual Easter Egg Hunt at the Soccer Fields behind the Youth Center. There will be pictures with the Easter Bunny and prizes for children who find a “special egg.” There’s bunny face painting, jumping castle, a snack bar and more. Call the Youth Programs at 448-8026 for more information.

On Saturday, drop by the BXtra at 9 a.m. Outside, children can hunt for eggs filled with treats, gift cards, coupons and more. There are three age groups for the hunt. For more information, call 423-1304.

On Easter Sunday at 8:30 a.m., there will be an egg hunt for the children and a visit from Bellows Bunny at Bellows Air Field. There are three age groups and a grand prize winner for each group. Contact the Bellows Marketing Department for more information at 259-4112.

13 AF AFSSO-21 position — 13 AF/CCV is looking for a sharp SNCO who would be interested controlling 13 AF’s AFSSO-21 program. If interested in working directly for a GO and consulting commanders at all levels on AFSSO-21, please contact 13 AF/CCC, CMSgt Todd Salzman or SSgt James Domingo at DSN 448-2588 by COB April 17.

Library book sale — It’s time for another great book sale with Hickam Friends of the Library. The sale will be on Saturday, April 11 from 8:30 a.m. to 2 p.m. As always, there will also be a selection of free books and magazines outside during the sale. For more information, contact Ian Larsen at

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Services B2
Crossword B3
Sudoku B3
Hickam History B3
Movies B4
Classifieds B5-8

15th Mission Support Squadron celebrates two AF level awards

By **Chris Aguinaldo**
Hickam Kukini editor

HICKAM AIR FORCE BASE — When four of five flights within the 15 MSS were named “Best in PACAF” just a few months ago, Major Steven M. Zubowicz, Commander of the 15th Mission Support Squadron knew that it was an indicator of the excellence of his people.

That’s been confirmed as Hickam’s Airmen and Family Readiness Flight was recently named the best in the Air Force. Also, PACAF’s Base-Level Senior Personnel Manager winner Christina Smith, 15 MSS/DPMPD, went on to achieve the Air Force-level honor.

“Winning these awards only validates the exceptional work I see every day,” shared Maj. Zubowicz, adding that he’s “very proud to lead” those serving in the 15 MSS.

He also pointed out that he’s seen the squadron “ready” when the days weren’t ordinary, as well. “It was great to see our professionals apply their readiness skills in the Operational Readiness Inspection. Wartime readiness is our top priority and I knew the men and women of the 15 MSS would positively contribute to the wing’s success in the Personnel Deployment Function, Reception Center, PERSCO, and Non-combatant Evacuation Operations.”

Maria Barrows, director of the Airmen and Family Readiness Center agreed, recalling the NEO activity, seeing how dedicated people were to their jobs during the



Photos by Chris Aguinaldo

Airmen and Family Readiness Center staff: front, Jackie DeChaine, Maria Barrows, Gary Hasegawa, Ruth Moore and Shelita Soriano; back, Chanda Johnston, Laurie Livingston, Amy Cowan and Merlyn Bacungan.

Operational Readiness Inspection.

And those who are willing to give so much deserve to be part of a strong community, she added.

“One of our goals is to promote resiliency,” Barrows said. “We want our Airmen to handle what they encounter in their lives — to be strong in their families and in the Air Force.”

With that in mind, the center offers an astounding array of programs and outreach, ranging from financial workshops, help with understanding children, how to deal with deployment and more.

On the evening of April 22, the center has a putting golf night for spouses and family members of those deployed, on remote tour or

recently returned. It’s a night of entertainment, games, food and a chance to connect with others “in the Air Force family,” said Barrows

They’re also sponsoring a Keiki ID card sign up at the BXtra on April 29, from 1 to 4 p.m. in celebration of the Month of the Military Child.

Barrows says they can do what they do because of the support from the leadership, squadron and volunteers.

“Our entire squadron helps them, giving time and volunteer-

ing,” Maj. Zubowicz said, underscoring how members of the 15 MSS are integral to each others’ successes. “I’m very proud of the service across the board in the squadron.”

That’s apparent at the MPF, as well, as indicated in Smith’s award. “It’s an individual award but it reflects the professionalism and standards of the team. Tina and the MPF are working very hard. A lot of their concepts are listed as Air Force benchmarks and that gives us validation.”

Maj. Zubowicz said the awards will be formally given on the mainland later this month and the winners recognized afterwards back home here at Hickam.



Tina Smith

Be physically fit, not physically fat

By **Senior Airman Carolyn Viss**
15th Airlift Wing Public Affairs

HICKAM AIR FORCE BASE — We’ve all seen it — Airmen squeezed into blues, rolling over shorts, or popping out of ABUs. Very likely, you’ve even seen it in the mirror at some point, because according to the Air Force Audit Agency’s December 2008 audit report, 60 percent of active-duty Airmen were overweight in 2001 and the physical training program implemented in 2004 “did not effectively promote a healthy lifestyle.”

But the Human Performance and Rehabilitation Center here has implemented a one-of-a-kind, benchmark model for sports medicine that focuses not only on rehabilitation for injured or out-of-shape Airmen but also prevention — to get Airmen fit for life and keep them from failing the fitness test in the first place.

“If you wait until the eleventh hour to prepare for a fitness test, it’s too late,” said Jason Ham, the HPARC flight commander who also holds a degree in exercise physiology from Georgia College and State University.

The “one-stop” shop at Hickam AFB borrowed concepts from the



U.S. Air Force photo by Senior Airman Carolyn Viss

Staff Sgt. Angel Villalobos, 15th Operations Support Squadron aircrew flight equipment, walks barefoot on a treadmill at the Human Performance and Rehabilitation Center here April 7. He came to the HPARC seeking treatment for shin splints, which have caused him pain and decreased his running time for several years. Bryan Hafler, an HPARC fitness specialist and Iron Man, analyzed Sergeant Villalobos’ gait to see what the source of the problem may be.

Olympic Training Center in Colorado Springs, Colo., and came up with a hands-on evaluation, treatment and coaching approach that tailors fitness goals to each Airman’s needs.

“What Airmen need to realize is, fitness is a condition of employment,” Ham said. “Fitness is a choice and a mindset. It starts on the individual level, and it’s something Airmen must choose to embrace as a culture shift.”

This annual performance fitness test is something that will have a

major impact on any Airman’s career, regardless of rank, if you fail it, Ham said. The highest fail rate has consistently been among the E-1 to E-4 tier, he said.

The audit showed the current PT testing system was failing, not because of integrity issues on the part of the physical training leaders but because of inconsistencies in the way the tests were being conducted.

“There are, on average, about 700 PTLs on every base, but they aren’t fitness professionals,” Ham said. So, the HPARC stood

up fitness testing cells run by civilians who are highly trained and objective in order to standardize the fitness testing system.

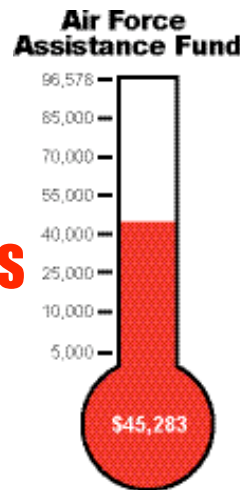
This system is something the entire Air Force will soon imitate, because it’s the best way to truly determine how fit the population is, said the 15-year Defense Department employee who’s been working here for two and a half years. The program here has drawn so much attention that Ham represents the Pacific Air Forces as part of the fitness improvement process team for Air Force chief of staff Gen. Norton Schwartz.

But Airmen don’t have to wait for the test to tell them if they need

See **FITNESS, A5**

Team Hickam AFAF progress

Campaign ends April 27



Air Force pioneer gone, but not forgotten

**Commentary by
Chief Master Sgt.
Pamela Derrow**
U.S. Air Forces in Europe
command chief

RAMSTEIN AIR BASE, Germany (AFNS) — The Air Force suffered a monumental loss March 11 when Paul W. Airey, the first chief master sergeant of the Air Force, passed away. I think it appropriate to share with you my thoughts on this great American and Airman.

I will greatly miss my mentor, Chief Airey. From the day I first met him in 2002, I knew I would never meet a finer example of an American Airman. He projected a great presence and a sincere love of our Air Force and its Airmen.

I remember hanging onto his every word as he spoke to the Kissing NCO Academy students at Kapaun Air Station, Germany. Several years later, as I was serving as the Air Force Senior NCO Academy commandant, I



Courtesy photo

Chief Master Sgt. of the Air Force Paul W. Airey greets Airman 1st Class Matthew Shaffer and Chief Master Sgt. Pamela Derrow following a presentation in 2008. Escorting Chief Airey is current Chief Master Sgt. of the Air Force Rodney J. McKinley. Chief Airey passed away March 11. Chief Airey was the first chief master sergeant of the Air Force, Chief Derrow is the U.S. Air Forces in Europe command chief.

was still hanging onto his every word.

I learned more about being an Airman from him than any other person. One of the biggest lessons I learned from him was to

always speak with candor. He told me that we ought to tell people what they need to hear, not just what they want to hear. He'd go on to say that candor should be provided with respect and professionalism. He never failed to ask me how I was doing and if he could help me better serve the Air Force and better take care of Airmen. And he always asked me in a way that always made me feel like I was the most important Airman.

He was always sincere and down to earth. I will never forget his sacrifices to our country, and I can only hope that by my words and actions I can continue to be an Airman that he would be proud of.

But, Chief Airey always left an indelible mark wherever he'd go. I'll never forget the mark he left on "my" Airman when the chief paused after receiving his lifetime achievement award from the Air Force Association and shook my

son's hand and said, "Thank you for your service young man."

These moments I personally cherish are but a small example of the impact Chief Airey had on all Airmen, regardless of rank. From the time he entered the Air Force after the bombing of Pearl Harbor in 1941 to when he retired in 1970 to his passing this month, Chief Airey spent a lifetime serving our nation and the Air Force with passion and zeal. He worked tirelessly to improve the welfare and development of the enlisted force and mentored many of today's Airmen.

As the first to hold the chief master sergeant of the Air Force position, Chief Airey worked tirelessly to get an Air Force-level Senior Noncommissioned Officer Academy. He also had an impact on every enlisted Airman since his tenure as the chief master sergeant of the Air Force because he laid the foundation for the Weighted Airman Promotion System that we all have and will continue to use to become NCOs and senior NCOs. In retirement, Chief Airey continued to advocate airpower and champion the cause of the enlisted Airman. His legacy is the professional enlisted corps we have today and we're grateful for

his leadership.

I think Chief Master Sgt. of the Air Force Rodney J. McKinley said it best. "When we speak of today's Airmen standing upon the shoulders of giants as they reach for the sky and stars, it was upon Paul Airey's shoulders they stood. We will truly miss his leadership, counsel and friendship."

Chief Airey was more than a historic figure; he was a man who came along just when our Air Force needed him most. He not only accepted the great duties that came to him in time of war and when things looked bleak for our Air Force, but he did so with a personal flair and a deft touch that many have tried to emulate since. I understand why, when Air Force leaders decided to create the chief master sergeant of the Air Force position, Chief Airey was the man selected for the job. I'm sure if the chief were here today he would tell you he was in the right place at the right time, but I don't think that gives enough credit to how good the chief was as an Airman.

I ask all Airmen to take a moment to reflect on Chief Airey's contributions to our nation and our service, and continue to do your duty in a manner that would make him proud.

Share your stories

Do you have unique AF experiences? Is there an issue that touches you or your family that you have written or want to write about? Public Affairs wants to hear from YOU. Contribute to the PACAF Pixels 15th Airlift Wing weblog! Submit ponderings, ideas or scribbles to 15AW.PA@hickam.af.mil with "Blog submission" in the subject line. Stories and photos may also be published in the *Hickam Kukini*. Write on!



Deadline for article submission is end of day Friday for next Friday's issue. Copy must be typed, double-spaced 12-point type, 300-500 words in length, and e-mailed to caguinal@honolulu.gannett.com.

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Kukini: Meaning swift and valued messenger, the Kukini in ancient times took news from one Hawaiian leader to another.

Domestic violence victims can find help and support on base

By Captain Malaysia H. Gresham
Family Advocacy Officer

HICKAM AIR FORCE BASE — Royal Kaukani was a 25 year-old Hawaiian native who was fatally shot twice by ex-boyfriend Toi Nofoa on March 17. According to news reports, Nofoa — who confessed to killing Kaukani — had a violent and frightening history with Kaukani and made good on his threats to kill her because she ended their relationship. Kaukani is the third murder victim of a domestic violence relationship in Hawaii this year.

The number of domestic violence victims who were murdered in 2008 was one of the highest the state of Hawaii has seen in a decade. Domestic abuse does not discriminate and occurs across all ranks, race, ethnicity and age. Often in relationships involving domestic abuse, the victim does not know where

to go for resources or how to begin the process of finding help. Additionally, many cultures and communities have different customs and definitions of domestic abuse, making it difficult for victims to seek assistance.

The Department of Defense defines domestic abuse as domestic violence or a pattern of behavior resulting in emotional/psychological abuse, economic control, and/or interference with personal liberty when such violence or abuse is directed toward a person of the opposite sex who is a current or former spouse, a person with whom the abuser shares a child in common, or a current or former intimate partner with whom the abuser shares or has shared a common domicile (see www.defenselink.mil/fap-mip).

Such situations of abuse may cause the victim(s) to often feel isolated from the community and family due to

shame and fear. In order to help families who are experiencing domestic abuse, a Domestic Violence Victim Advocate (DVVA) can assist the victims and their children in obtaining the help they need to stay safe and the resources needed to continue their everyday life.

The Family Advocacy Program (FAP) at Hickam Air Force Base has a Domestic Violence Victim Advocate available to assist victims of domestic abuse in obtaining resources for immediate and ongoing intervention and support. Some of the other responsibilities of the DVVA are to:

- Provide victim advocacy services either through personal or telephonic contact
- Encourage the victim to seek medical consultation/examination
- Ensure victims are aware of legal actions available to promote their safety
- Facilitate victim contact

with military and civilian resources as appropriate

- Collaborate with the Family Advocacy Program (FAP), law enforcement, and the command to assure safety plans are coordinated
- Support the victim in decision-making by providing information and discussing available options
- Accompany the victim to appointments and court proceedings, as appropriate and when requested by the victim
- Provide emotional support

The Domestic Violence Victim Advocate is available during duty hours on Hickam Air Force Base. On Call Victim Advocates will be available in the evenings and on weekends starting in mid-April.

If you or someone you know is in a domestic abuse situation, please contact the Family Advocacy Program at 449-0175 or the DVVA at 449-0187.



Put up the antenna

Tech. Sgt. Joe Laurent, a transmissions systems technician, and Staff Sgt. Jason Ing, a Data Links Technician, both from the 56th Air and Space Communications Squadron, Hickam Air Force Base, Hawaii, set up an antenna for air-to-ground communications during Cope Tiger 2009, March 12. Cope Tiger 2009 is an annual exercise to improve combat readiness and combined and joint interoperability for U.S., Thai and Singaporean forces while enhancing regional security and providing humanitarian support.

U.S. Air Force Photo by Staff Sgt. Angelique Perez

HCH residents urged to inspect their fire extinguishers as recall notice is issued

Submitted by Hickam Community Housing

HICKAM AIR FORCE BASE — Operating an incident- and injury-free living environment is a priority at Hickam Community Housing (HCH). Last week, HCH called and delivered information to residents asking them to conduct a visual inspection of their home’s fire extinguisher. The request was a response to a recall of fire extinguishers announced by the U.S. Consumer Product Safety Commission. The commission’s alert was issued for Kidde XL Fire Extinguishers with specific model numbers and manufacture dates (see sidebar and photos).

“Safety is everyone’s responsibility and I look forward to all our residents supporting this effort to help ensure the wellbeing of their families,” said HCH Project Director David Falls.

In addition to checking the model number and manufacture dates, HCH also is asking residents to check whether their fire extinguisher is charged. If an extinguisher is

charged, the needle in the gauge will be in the green area. If an extinguisher is not charged, the needle will be in the red area. If the extinguisher is not charged or has a model number and manufacture date specified in the announcement, the resident should call HCH maintenance for immediate and replacement.

Residents with questions can contact HCH’s maintenance office at 423-1650 or housing office at 423-2300.



Courtesy photo

Make sure a fire extinguisher is fully charged by checking its gauge regularly.



HCH residents are asked to check if their fire extinguisher is charged and if it carries model numbers and manufacture dates specified in an announcement issued by the U.S. Consumer Product Safety Commission. If an extinguisher is not charged or has a model number and manufacture date matching the information below, the resident should call HCH Maintenance at 423-1650 for removal and replacement.

Product:

Kidde XL Fire Extinguishers

Model Numbers:

FX340SC, FX340H, FX340GW, XL5MR, FX210R, FX340SC-2, FX210W, XL2.5TCZ-4, E-340-3

Manufacture Dates:

Between October 2007 and April 2008

Log on to www.Hickamch.com and click on Forms and Downloads for recall information and photos on the Kidde XL Fire Extinguisher.

Courtesy photo

Certain Kidde fire extinguishers are subject to a recall. Check the information on the extinguisher to find out if its one of those on the recall list.

Learning about legal readiness for deployers

Submitted by 15 AW/JA

Welcome to the “Ask the JAG” column, where we at 15 AW/JA provide helpful advice to ensure Team Hickam is ready to fly, fight and win.

This installment is for our deploying team members and their families in order to guarantee their peace of mind from a legal readiness standpoint.

Q: I am deploying soon. What legal documents do I need to have to make sure that my family is provided for while I am away?

A: At a minimum it is a good idea to have a will, current enrollment/disenrollment paperwork for the SGLI and a general Power of Attorney (POA) to allow a spouse or designated representative to handle your affairs while you’re deployed. Wills are helpful legal documents that determine disposition of your estate, guardianship of your children and management of your affairs if you

pass away.

In addition, a general POA is helpful for your spouse and/or designated agent to manage your financial affairs while you are downrange. Here in Hawaii, it is a good idea to also have a special POA for your vehicles, as well as a special POA for the finance office and MPF. A special POA for income taxes is not a bad idea, either.



Ask the JAG

Q: I don’t have a will or my will needs updating. How can I get one made before I deploy?

A: Come by the Woodring Law Center (120 6th St.) and schedule a will appointment. Will appointments are scheduled every Thursday from 0800-1515. We provide a worksheet that we ask be completed before arrival for your appointment.

Q: What do I do if I deploy in less than a week and am unavailable Thursday?

A: If you are on a short notice deployment,

please call us at 449-1737 and we will ensure you are legally ready before you deploy.

Q: I need to get a power of attorney. Do I need to make an appointment?

A: No, all powers of attorney are handled by our friendly paralegals right at our front desk, Monday through Friday from 0730-1630, except for the first Friday of the month, when our hours are 0900-1630. However, typically we are only able to help active duty and retired military members and dependents.

Q: I am a civil servant deploying downrange in support of the mission. Can I get legal assistance?

A: Yes, we can help you, but only if you are deploying. Although we don’t normally provide legal assistance to civil servants or contractors, we do provide the necessary wills and powers of attorney when civil servants and contractors are deploying to a theater of operations.

Q: I need to change my SGLI enrollment. Do I need to come to Legal?

See JAG, A4

U.S., Indian air forces meet at Hickam

By Tech. Sgt. Kerry Jackson
13th Air Force PublicAffairs

HICKAM AIR FORCE BASE — Senior air force officials from India and the United States recently met here March 25-29 to discuss operational concepts and to chart the way ahead for future training exchanges and exercises.

This year’s executive steering group meeting, which was co-chaired by Lt. Gen. Chip Utterback, 13th Air Force commander, and Air Marshal Dinesh Chandra Kumaria, director of general operations for the Indian Air Force, focused on the review and assessment of joint and combined training events.

“Our militaries continue to have a supportive working relationship that is vital to the stability of the Asia-Pacific region,” said General Utterback. “I look forward to continuing the cooperative efforts we have developed over the years.”

India and the United States share three executive steering groups to foster ties between their armies, air forces and navies.

During the four-day meeting, U.S. Air Force representatives briefed Indian military officials on security exercises, flight



Air Force Photo by Mark Bates

Air Marshal Dinesh Chandra Kumaria, director of general operations for the Indian Air Force, presents Lt. Gen. Chip Utterback, 13th Air Force commander, with a commemorative plaque during his recent visit to Hickam Air Force Base. Senior military leaders from the Indian Air Force and the U.S. Air Force held an executive steering group meeting to discuss operational concepts and chart the way ahead for future training exchanges and exercises between both militaries.

safety, medical logistics, the function of an air and space operations center, E-3 Airborne Warning and Control System

subject matter expert exchanges, and on the capabilities of the C-17 Globemaster III.

Additionally, Indian Air Force officials discussed their involvement with the Joint Prisoners of War-Missing in Action Accounting Command in recovering six downed U.S. bombers from World War II. This year’s meeting also allowed both air forces to work out a precise schedule for joint exercises, training and visits for the next two years.

“We have seen very tangible benefits from our exchanges,” said Air Marshal Kumaria. “The progress, year after year, in the content and the comprehensiveness, has continued to increase.”

The U.S. Air Force also made time to show their Indian guest around the Hawaiian Islands. They toured the USS Arizona Memorial at Pearl Harbor, Hawaii, and attended a luau.

“General Utterback and his team made us feel very welcome and at home during our time here in Hawaii,” added the air marshal.

Thirteenth AF is responsible for command, control and execution of air, space, and information operations capabilities across the full range of military operations in the U.S. Pacific Command area of responsibility, excluding the Korea theater of operations.

JAG, From A3

A:No, we do not handle SGLI enrollment, disenrollment or changes. Please contact the MPF for these matters.

Q:Is there anything else that I need to be legally ready to deploy?

A:Make sure you’re signed off on your annual LOAC training. Other than that, legal readiness depends largely on your personal situation. Before you deploy, among the things to consider are your children, leases, loans, and estate planning. If you have kids, do you have a Family Care Plan in place? Or you may have a will, but do you need it updated? Perhaps you need to discuss with an attorney if you can end your lease. As you can see, there are many legal issues to consider before deployment. It is best if deploying to come speak

with one of our attorneys during legal assistance hours, so that we can assist you directly. Our legal assistance hours are Mondays from 0830-1030 and Wednesdays from 1400-1530.

Q:I have a pressing legal matter that must be handled immediately. Can I just call and talk with an attorney over the phone?

A:No, we’re sorry, but we are prohibited by AFI from giving personal legal advice over the phone. With that said, if you are experiencing a true legal emergency, please call 449-1737 and we will be sure to take care of you.

We at 15 AW/JA hope this sheds some light on your legal considerations for deployment. Please contact us at at 449-1737.



Theft of secured personal property

An active duty O-4 assigned to SOCPAC reported a theft of personal property from Bldg. 1102/HQPACAF. This case is currently under investigation.

Civilian detained for shoplifting at commissary

Defense Commissary Agency store employee observed a civilian attempting to remove merchandise totaling \$34.69 without rendering payment. The individual will have his/her DECA privileges revoked and is awaiting a magistrate hearing.

Dependant detained for shoplifting at BX

Army Air Force Exchange Service store detectives

observed a military family member of an Airman attempting to remove merchandise totaling \$25 without rendering payment. The individual will have his/her AAFES privileges revoked for one year and is awaiting a magistrate hearing.

Driving under the influence/operating a vehicle under the influence of an intoxicant

A civilian was detained at Bldg. 188/Main Gate for operating a vehicle while under the influence of an intoxicant which resulted with a breath or blood alcohol content of .201. This case was forwarded Honolulu Police Department.

Citation total for March 3-April 5

- Zero Abandoned vehicle notices
- Two Civilian traffic citations
- Two Moving traffic citations
- Nine Non-moving traffic citation

FITNESS, From A1

improvement. Any TriCare beneficiary, regardless of branch, can come in to the HPARC and take advantage of the new technology by getting gait analysis, body fat assessment, an individualized diet and workout programs.

One Air Force chief master sergeant decided to be proactive about his health in October 2008, and has now lost 47 pounds and 16 percent of his body fat because he realized he had been dedicating so much time to his career and educational goals that he had neglected his fitness goals.

“Even though I had just passed the PT test, I looked at myself in the mirror when I was wearing blues and knew I had to lose weight and get fit,” said Chief Master Sergeant Eddie Compton, 324th Intelligence Squadron first sergeant. “At 5 feet, 11 inches, I weighed 217 pounds and when I got in the ‘bod pod’ I was shocked

to realize I was 33 percent body fat.”

With the help of a nutritionist at the HPARC, he got on a good schedule and in five months dropped the weight, lost 5 inches around his waist, and shaved a minute and a half off his run time.

“It sucked initially,” said Chief Compton, who has been in the Air Force for 25 years now and a first sergeant for 11. “Lifestyle change is hard, but [the HPARC] helps you. You just have to treat their advice as though it was military orders, and you have to want to do it for yourself because no one else is going to motivate you enough to actually do what it takes.”

“Fitness is an integral part of our service,” Ham said. “Every year that goes by, we become more joint-military, especially in the [deployed environment], and we need to start sizing ourselves up with our sister services. We need to

present the same warrior image, and we need to be prepared to meet the same standards they have.”

For gait analysis referrals, call a primary care physician, or for more information on the preventive or rehabilitative services the HPARC offers, call 448-6169.

U.S. Air Force photo by
Senior Airman Carolyn Viss

Bryan Hafler, an HPARC fitness specialist and Iron Man, analyzes Sergeant Villalobos’ gait in order to recommend treatment for shin splints. The gait analysis is helpful for servicemembers who are experiencing pain, reoccurring sports injuries, or who are interested in degreasing their run time. HPARC services are available to any TriCare beneficiaries, regardless of branch.



NEWS NOTES, From A1

ian.larsen@hickam.af.mil.

Pre-deployment readiness briefing — This will be held April 14, 10 to 11 a.m. All AD members who are deploying or going TDY for 30 days are required to attend and family members and civilian employees are highly encouraged to attend. Learn how to get you and your family personally, financially, and emotionally ready for deployment. Call 449-0300 to register.

Space Camp for Youth — Applications for the 2009 AF Space Camp are being accepted now through April 24 for youth ages 12-18. The camp

is sponsored by AF Family Member Programs and is held at the U.S. Space and Rocket Center in Huntsville, Ala. from July 26 to August 1. Log on to www.afyouthprograms.com for the application package or call the Hickam Teen Center at 448-2296 .

Summer hire program — The Hickam AFB Civilian Personnel Flight (CPF) is currently recruiting For the 2009 Summer Hire Employment Program. The program targets students are at least 16 years old and are currently enrolled or accepted for enrollment in a degree program at the high school, vocational school,

community college, university or graduate program level. Applications will be accepted by the CPF until April 17 3:30 p.m. For information please contact Ms. Debborah Tang, 449-0113, or Ms. Leilani Corona, 449-0134. See the Web site at <http://www2.hickam.af.mil/units/civpersonnel/index.asp>.

Red Cross needs volunteers — Have time and care about those around you? Consider sharing your talents or time with the Red Cross. Many kinds of helpers are needed in different areas on the base. Call the Hickam Red Cross office at 449-0166.